



PT Enhancement for 19 September 2009

(conducted by SFC Anders)

- Intro: class on “Yoga, What it is and How it can Help You in Your Health/Fitness Pursuits”
- Formation: Explanation of PT Session, Risk Assessment
- Warm up and cool down is incorporated into the Army Power Yoga Session
- Conditioning Activity: *Army Power Yoga*:
 - Center, Reach High Stretch X2
 - (Forward Bend, Straight Back) X2
 - Plank, Upward Dog
 - Plank, Push-Up, Downward Dog, Alt Calf Stretches
 - Chair Pose (30 seconds)
 - Plank, Upward Dog, Plank, Push-Up, Downward Dog
 - (Runners Pose, Crescent Pose) – Right Foot
 - Plank, Upward Dog, Plank, Push-Up, Downward Dog
 - (Runners Pose, Crescent Pose) – Left Foot
 - 3 Slow Push-Ups
 - Reach High Stretch
 - Plank, Upward Dog, Plank, Push-Up, Downward Dog
 - (Warrior 1, 2, Reverse Warrior, Right Angle Pose) – Right Foot
 - Plank, Upward Dog, Plank, Push-Up, Downward Dog
 - (Warrior 1, 2, Reverse Warrior, Right Angle Pose) – Left Foot
 - Plank, Upward Dog, Plank
 - Side-Arm Balance, Raise Foot – Right Side Up
 - 2 Slow Push-Ups
 - Side-Arm Balance, Raise Foot – Left Side Up
 - Forward Bend Stretch, Extended
 - Groin Stretch-Rocking
 - Yoga Scissors, Pull Legs in Stretch
 - Leg Holds (3 each side), Pull Legs in Stretch
 - Happy Baby
 - Back Rockers
 - Individual Hamstring Stretches
 - Child’s Pose

[Alternate for those that cannot do this type of workout (even with adjusted exercises) is to workout in the weight room or to go for a run/walk. Alternate PT soldiers are to return in time for cool down stretches and dismissal]

-----Created as part of the 235th KSRTI PT Enhancement Program